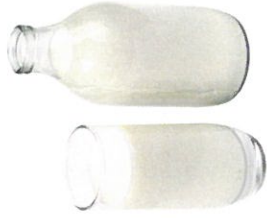




Water



Milk



Decaffeinated coffee

DRINKS WHICH DON'T IRRITATE THE BLADDER



Decaffeinated tea



Herbal teas



Milk Shakes



Diluted fruit juice
(Cranberry is recommended)



Tea



Coffee



Hot chocolate



Green tea
(high in caffeine)



Blackcurrant juice

FOOD & DRINKS WHICH CAN IRRITATE THE BLADDER



Citrus fruit and juices

(e.g. orange, lemon, grapefruit, lime & tangerine)



Tomatoes



**Cola and other
fizzy drinks**



Alcohol

